

The following excerpts come from the book  
**FACING THE SHADOW, EMBRACING THE LIGHT**

*A Journey of Spirit Retrieval and Awakening*

Published in 2013 by Niara Terela Isley

Available through <https://www.amazon.com/Facing-Shadow-Embracing-Light-Retrieval/dp/1493556843> – with great comments!

Author's Facebook page: <https://www.facebook.com/niaraterela/>

The following is taken from the description of the video at

<https://www.youtube.com/live/aSGfdpVGZ94>

Former US Air Force enlisted service woman, Niara was abducted by Grays since early childhood, and victim in experiments of the shadow government's dark operations. Throughout Niara's own initiation and transformation, it is also about the whole Humanity undertaking its journey of the dark night of the soul, leading to a magnificent awakening.

By understanding our soul mission and who we truly are, we reclaim our power. We are invincible.

Niara details her life and soul journey in her book.

Her website offers the PDF of her book:

<https://facingtheshadowembracingthelight.com/2019/05/21/a-gift-to-all-my-friends-followers/>

[ Direct link: <https://drive.google.com/file/d/1eXzuzYdFN2MX3KMuuDvimuVcXLJPyB7n/view> ]

Link to “Above Majestic” on Bitchute. It contains a very good 5 minute interview (from 1 hr 12 min 20 sec into this video) covering Niara's

experiences in the military, and discussing how unified consciousness could change everything:

<https://www.bitchute.com/video/nuashDpq8O5C/>

The pages of the PDF version of her book where each of the following excerpts come from are provided under each one.

*May you find as much resonance while reading this as I did.*

\* \* \* \* \*

Desperate to survive, the collective human shadow exposes more and more of itself to us in the full light of day. It reveals itself in shadow governments, black ops projects and secret societies loathe to give up the power they've accumulated, knowing that as human awareness expands, it means the end of their reign. So they step forward ever more heavy-handedly, hoping to frighten us into subservient compliance. But the more openly they show themselves only serves to awaken humanity further, especially if we seize the courage to do so.

The next evolutionary leap for humanity cannot be one of more conquest or manipulation to gain yet more power or indulge bottomless greed. These negative attributes are like a cancer that threatens to consume all life. Shadow institutions seek to limit, repress, restrict and curtail energy. Energy in the form of people's lives, their livelihoods, the living planet Gaia and all the life she supports... all expendable to the wealthy and powerful as energy to be controlled and spent for their own self-serving agendas. Ultimately unsustainable, such actions lead to destruction and collapse, just as we are observing on our world today.

The next evolutionary leap for humanity and our world must be one of choosing love and cooperation at every level of our living world's ecosystem, of which we are an integral part. As Chief Seattle stated in his letter to the U.S. government in the 1800s:

"This we know: the earth does not belong to man, man belongs to the earth. All things are connected like the blood that unites us all. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself."

I feel firmly that this emergence and integration of our collective shadow is absolutely necessary for the spiritual unfoldment of humanity and the Earth. It's coming out into the open now for humanity's healing and integration. Used as a

gift to expand our collective awareness, it can help us shift into a new expression of ourselves... more awake, more aware, with a clearer vision of who we truly are and what our potential could be. And freshly inspired to reach for it.

Love is the reason we exist... the reason we have life at all. Not the often-selfish and capricious love of interpersonal human relationships, though at their best, they mirror the greater expression of love. This “Love” is the essence of the powerful energy that brought forth all the worlds upon which living beings walk, setting itself free within each of us to experience countless facets of who we are as part of the All-That-Is.

(Pages 325- 326)

\* \* \* \* \*

Quantum science has discovered that all matter, energy and vibration in this universe, in every dimension, is interconnected. Nothing and no one is separate from or stands outside this fundamental system of unity. Therefore, denying any part of reality is a denial of how it may be touching or affecting us, whether we consciously realize it or not.

We are all entangled together at the level of consciousness, conceiving, shaping and manifesting our reality. For any single individual or group to look at a particular piece of this reality and proclaim it as the absolute totality of all reality is simply incorrect. To ignore or shun any part of reality that is expressing itself is a continuation of the human collective psychological compartmentalization that manifests shadow governments, black projects and covert-ops – and allows them to continue. Individually and collectively we must bring the unconscious to conscious awareness. We must expand ourselves into the super-conscious. Evolution and the continuation of our species depends upon successfully navigating this process of awakening.

Page 341

\* \* \* \* \*

## **Chapter 19: Reclaiming Freedom**

... if it is a despot you would dethrone, see first that his throne erected within you is destroyed.

For how can a tyrant rule the free and the proud, but for a tyranny in their own freedom and a shame in their own pride?

And if it is a fear you would dispel, the seat of that fear is in your heart and not in the hand of the feared.

~ From *The Prophet* by Kahlil Gibran, on "Freedom"

It is fear that undermines and restricts the full exercise of our freedom.

So how do we deal with the darkest dark in our world? Hellish things that come straight out of humanity's worst nightmares? Head on. Into, through and out the other side.

If we know that terrible things go on in our world, if we know, as from all kinds of news reports, mainstream and alternative, that war goes on, that torture goes on and more, then these acts touch the collective human psyche of which we are all a part. We can try to ignore them, but ignoring them does not productively or effectively deal with them. Such ugliness can become things we secretly fear. They lurk in the dark corners of our minds. But so many of us do the animal thing and avoid looking at them, hoping that they won't "get" us. We plaster over such fears with happy thoughts and positive affirmations. Like black mold in a house, plastering over it does not get rid of it. It has to be exposed and cleaned out or it will sit there and continue growing, malignant and unseen, undermining our quality of life.

We must stretch ourselves to understand that we are more than flesh and blood. The evidence for this is coming to light all around us. Those who have achieved expanded awareness through spiritual practice know the spacious, energetic and vibrational reality "within." Quantum science has given us a model for consciousness at work in our world, birthing new research into consciousness and psychic phenomena. Near-death and out-of-body experiences and the profound changes in the consciousness of individuals who experience them also support this. We are made of light, energy and vibration. It is our consciousness, collectively, that dreams into reality the solid-seeming world we see around us, right down to the bodies we inhabit.

Organized religions have failed us by not addressing these parts of us. We have been cut off from the true knowledge of who we are through religious indoctrination. Traditional religion puts human authoritarian intermediaries between us and the Infinite. Intermediaries who are as subject to human failings and the seven deadly sins as the rest of us. At their worst, religions have attempted

to control their followers with fear. Fear of eternal damnation, word pictures they paint of realms they call hell and purgatory. Why? Because the church leadership fears the loss of the power and wealth their followers bestow on them.

Governments have failed us as well. We must fight and make war with whomever the powerful label as “other.” This other may have something they want to possess. So this other is made into someone “not like us.” Savages, barbarians, heretics, infidels, terrorists. “Other” is evil. They use noble-sounding rhetoric that plays on the indoctrination of populations into taking actions they want taken. Their aggression masquerades as religious crusades, patriotic defenses of ideology or preservation of racial purity. Preemptive wars are justified to make sure such “others” are dispatched before they have the chance to “get us.” And, oh well, as long as we’ve conquered the evil others, we might as well lay claim to their land and other spoils and make use of them as we see fit.

Divide-and-conquer is the way the rich and powerful play the game. They fear us as a unified population. There are billions more of us than them. They know that if we ever all got together, particularly with spiritual knowledge of who we truly are – consciousness inhabiting form – our collective, directed desire, thought and intention could put a decisive stop to their power chess game with the world and its people. They have a vested interest in our not remembering our own multi-dimensional and spiritual wholeness. They have staged an all-out war on expanded consciousness, trying to mask it in every devious way they can so we don’t catch on.

## **Nothing to Fear but Fear Itself**

The power chess game going on in this world is all about who can most effectively wield fear and control over populations. Fear is the gross base-level weapon of the few but powerful over everyone else. Emotionally-based bliss and ecstasy can be another weapon. Both have the potential, as extreme emotional states, to block our intuition from functioning. From there, the control devices get more and more subtle.

The best way to control anyone is for them to not realize they are being controlled. So they do it through televised media. They do it overtly with packaged content. And although use of frequency manipulation, subliminals, and other subtly invasive electronic measures are deemed illegal, they are still very likely covertly used, because honestly, how are most ordinary people going to be able to detect it and report it? One of the healthiest things you can do for yourself is disconnect from the public mind control feed in your own home: cable or satellite television.

I'd even get rid of the boxes that bring the signal in. If you want entertainment, rent movies or TV shows from a local or online video rental service. You'll enjoy them a lot more without constant commercial interruption, and you'll pay far less. But watch them in moderation. Get out and live real life.

The first step in escaping what traps our consciousness in this world is learning of the ways it steals and cages our energy. If we come to remember that we are more than the bodies we inhabit, that we are indestructible beings made of spirit, love and light, then we have a choice. Are we going to allow ourselves to be manipulated by fear or other emotional extremes? Or can we learn to simply relax into the knowledge that we are energy and vibration?

If we can relax into such knowledge, we discover that fear – especially as it is brandished about in our society by those using it to manipulate us – is really a phantom with no real substance. Fear doesn't have any real power over us. It only has the power over us that we allow it to have. It tries to look terrifying in its many masks. It tries to trick us into surrendering our sovereign beingness as free consciousness to its thrall. This is to keep us locked into the 3D “solid” reality paradigm. If we can be convinced we are just physical beings subject to pain and death, we can be frightened into compliance. We are controllable.

The reward of achieving and maintaining a higher vibration of love and inner peace is that our consciousness can begin to awaken to its true nature. Our awareness can begin to expand.

It is very true that our bodies can experience pain, suffering and death. We are especially susceptible to threats to loved ones. But if you surrender your sovereign beingness on some hollow promise of being protected from pain, suffering and death, you may later find out that the price of such “safety” was far too high.

The United States Constitution is not a document that grants us freedom. If we believe that, then we can also fall into believing it can be taken away. The Constitution is meant to reflect that that we are in essence free sovereign beings, endowed by the Creator with certain inalienable rights. Freedom is not given to us by the state, nor can it be revoked by the state. Freedom is inseparable from who we truly are. We, humanity, cannot be “set free.” Freedom is our natural birthright as spiritual beings having a human experience – as pure energy and consciousness. And even if we have given our freedom away, we can reclaim it at any time we choose.

Why else would there be so much propaganda out there, be it religious, scientific or medical, funnelling our beliefs into ourselves as limited and frail human beings?

Even in the face of new evidence of life and consciousness beyond bodily death, the old conditioning dies hard. The mainstream public eyes such information with both hope and suspicion. In the face of threats or danger, most still fall into the old belief systems. Fear can then be used to manipulate them into trading their freedom for “help, safety, security” – the seductions of the controllers.

Pages 343 to 345

\* \* \* \* \*

If you are just becoming acquainted with the darker side of our world, then some time spent looking at the depth and breadth of it may be necessary to formulate a complete understanding of it. Having a good grasp of the contextual landscape in which we live is important so we can direct our lives in the best ways possible. I have to wonder today if I had had a full understanding of the kinds of dark and ugly things that go on, would I have been so traumatized by what happened? Certainly it would still have been truly terrible to experience. But if I had known that chances existed to encounter people capable of doing such things as part of my understanding of the world I lived in, the trauma might not have been so severe, perhaps not severe enough to cause the repression of my memories. In a society that recognizes that such things do occur, one would hope that some kind of support system would be set up to help people deal with the aftermath.

I often wonder if the bubble world we have lived in, this contrived, matrix-like reality, is in part constructed as it is to leave the people living within it susceptible to severe trauma. If those who have the arcane knowledge of the dark underworld they have constructed need to use an individual, innocent of such knowledge, then they have someone conditioned to be vulnerable to the kind of trauma they can inflict. Susceptibility to severe trauma would certainly be an asset to groups with an agenda of control.

This is a dark idea and may or may not be true. I would much prefer it wasn't true, that it is just darkly incidental to such structures and processes. But having learned all I have, I can't totally rule out that this is done by diabolical design. I admit the possibility and leave it at that. Just having an understanding of the kinds of dark that operate in the world is a protection from it creeping up on you and paralyzing you with trauma, at least to a degree. Understand it exists as a possibility, and then set it aside.

Understanding the kinds of things that go on or that can happen is not the same as continually wallowing in them and allowing yourself to get emotionally

overwrought with anger or fear. Understanding is simply to keep you from being so severely impacted should such knowledge or experience come your way. I hope this book helps to create a structure of healing resources for those who have had to deal with extraordinary and severe trauma. I also feel that peer support – being in the company of others like yourself – is one of the most powerful methods of healing we can create.

I no longer feel any need to dig into every bit of information on such dark possibilities or probabilities. I don't need to examine in detail every new piece of disturbing data that gets thrown in my path, and believe me, plenty gets thrown in my path.

I look at them as briefly as I would eye the weather on the horizon, assessing whether I need to get my umbrella or take shelter in a root cellar... *in that moment*. I find it dangerous to project “doomsday” scenarios into the world from thoughts and emotions laced with fears of the future. The scary possibilities predicted by people who look almost exclusively at the darkest of the dark sets whole groups of mind-egos desperately spinning. They try to plan for every possible contingency, devising a reaction for every possible dire event that could befall them.

I've also learned that when I face and make peace with the really big fears, I no longer have to look closely at all the little ones that litter my path. When you've faced whatever your mind morbidly manufactures as the worst things that can happen to you, the other stuff becomes insignificant. Annoying or frustrating perhaps, but far more easily dismissed.

Once we acknowledge within ourselves the kinds of dark things that are possible or probable, that is enough. Understand it's there, then dismiss it and turn your full energy and attention to something positive, loving or joyful. We must build bridges of understanding with each other. We must cultivate joy in ourselves if we are to build a better world. We just can't use contrived joy as some kind of denial defense mechanism.

The truth is, all kinds of things could transpire or happen to any of us at any time. Events that have taken place in the past may indeed have set in motion things that will happen in the future. But what if our positive focus and action in the present could impact our future in a positive manner? I choose to believe it can. And the more of us that collectively sign on to such an endeavor, the better our chances of affecting a positive outcome.

The present moment is the moment of positive action. The present moment, and what we choose to hold in our desire, thought and conscious intention, creates all our subsequent moments.

Pages 347-348

\* \* \* \* \*

The shadow material we carry in the unconscious exerts a powerful effect from that place in the psyche. If we can learn to see the things around us in the world that we revile or fear as messages about what we may be holding in our unconscious, then we have a tool before us to learn about what it is we do carry in the unconscious. We just have to realize that the feared and reviled are as much parts of us as the things we love and enjoy. This principle is in action in the human collective in a far more powerful way than it is in individuals. It is all of us together that collectively create the world we see around us.

(...) The collective shadow is more and more revealed. As it is revealed, the old thought and consciousness structures that once supported it are collapsing. It's a chaotic time as the collapse of old paradigms makes way for the new. If humanity truly awakens, "the new" can be as we desire and dream into being. Through unity, it can be a design that is mutually beneficial to all life. This process of breakdown and chaos is occurring for humanity's healing and integration, through which we can embrace a new era and become a more spiritually-evolved species.

Page 358

\* \* \* \* \*

Since a shift to, and an understanding of, an expanded reality with a fuller comprehension of the relationship between consciousness, thought and intention could create a population capable of shifting reality, the reason for a covert war on consciousness and awareness expansion becomes clear.

Those who have operated the constructs of religion, nationalism and economics down through the centuries fear this change. They fear an end to their power. So they work to instill fear to keep people from raising their vibrational frequency. Multitudes of people weary of war, environmental destruction, strife and chaos could, through coming to know the true underlying nature of all reality, make institutions such as organized religion, nationalism, economics and corporate control unnecessary and obsolete.

These constructs are even now in collapse. Why? Because they have betrayed the trust people put in them on every level. They have mismanaged politics, human rights, the environment, the economy, greedily selling out to corporate interests. Corporations have been allowed exploit every area of life imaginable at the expense of the common people on this planet. Since most scientific research depends on funding, and funding is parcelled out in ways deemed “appropriate” by the people with the money and power, we can’t really even trust science completely anymore. Scientists in many venues have become puppets manipulated by corporate wealth. And if boards of directors or CEOs don’t like the results that show up in the lab, they cover them up or twist them into something else.

Growing numbers of people don’t believe in these structures and institutions any longer. They don’t trust them. The very withdrawal of belief in them (consciousness acting on the quantum field) is likely the foundational cause of the present chaos and instability in our world on so many levels. If it is true, as some say, that the ruling elite of this planet have engineered current instabilities for their own purposes to institute a “new world order,” then they are playing a very dangerous game where the stakes for them are very high. The more people awaken, the more probable it becomes that such a ploy could blow up in their faces. Consciousness expressing itself in form – human beings, all life – has the innate urge and drive to be free, to have full freedom of expression. The more the shadow elements of this world reveal themselves through overt acts, the more people get wise. The withdrawal of people’s belief in the power structures of the elite undermines the stability of those structures themselves.

Elite empires are crumbling as a result. What we need is a change in focus from the fear of watching the structures we have depended on for so long collapsing, to a cultivated sense of peace and wonder. While acknowledging the collapse and dealing productively with our fear, we could consciously choose to spend some time each day contemplating the kind of reality we would like to design from our love for ourselves, each other and our world. And always realize that what we can imagine may have an even more grand and wonderful expression than we can conceive from where we stand now on Earth. Perhaps our star families will supply an additional element of consciousness, dreaming a new Earth into full expression.

Pages 364-365

\* \* \* \* \*

Love is a profound and essential energy that permeates every level of every dimension and density throughout the multiverse. It is the primal Sound, or “Word”

(vibration) that emanates from the Source of all creation. The sound is also the Light, one indistinguishable from the other. Quantum physics has broken down our world into its tiniest components and found pure energy and vibrating superstrings. It has found that particles act like waves when not observed by a consciousness contained in a focal point of form. It has found that what is done to one particle apparently alone and separate in one container has an identical effect on another particle in a distant container.

Everything is interconnected. Our very existence finds its expression through the dance of Consciousness with the sound and the light of this Universal Source Energy. Ultimately creative through the flow of its waves of sound and light, that Energy is expressed as Love in infinite expressions of life everywhere, and in infinite combinations. Love in its highest expression – agape – seeks to live in harmony with the flow of those waves of light and sound.

Non-love goes against the flow, seeks to block the flow. Flow is the essence of truth. When a person, group or organization seeks to block truth in any form, it sets up blocks, resistances to the beauty, balance and harmony inherent in the flow from Source. But this flow will not be forever blocked or diverted. Placed under pressure from blocks and resistances, it will find its way free, at first through tiny spaces, later cascading around or breaking through obstacles.

Do we not observe that process of “breaking free” in our world today, as truthsayers come forward with pieces of truth that have long been withheld from the public? And like a great dam breaking, are not more and more whistleblowers finding their way through the increasing number of cracks in that dam? The structure of the dam of secrecy in this world is so undermined at this point, I don’t think anything can really save it.

Everything, every person, every part of all creation throughout the entire multiverse is part of the all encompassing Oneness of All-That-Is. Even that which so many of us would like to name as “other,” or “not-us.” Even that which many of us name as “evil.”

In the movie *Time Bandits* I was both amused and surprised by an insightful line spoken by “The Supreme Being” (God), played by Sir Ralph Richardson, near the end of the film. He had just swooped in to save his troupe of dwarfs who had stolen his map of the Universe and were using it to loot the greatest treasures known to man throughout history. The nemesis, “Evil” who had stolen the map from the dwarfs had just been exploded into what looked like chunks of volcanic, glowing rock. The Supreme Being said: “I had to have some way of testing my

handiwork. I think he [Evil] turned out rather well!” When Kevin, the little boy who had been dragged into the adventure, asked why we had to have Evil, The Supreme Being answered that it had something to do with “free will.”

How much does love mean if it is forced into expression? If people don't have a choice whether to love or serve or not? To force love where it is not freely given is to make of a person or population nothing but a group of mindless automatons. Yet to live in harmony with and in service to all life and the flow of energy in all life is to inspire and call forth love in others. Every person who chooses a life of love and service in harmony to all life creates yet another great wave of positive energy. This new wave is self-sustaining and self-perpetuating through its movement in harmony with the flow of sound and light emanating from Source.

Pages 375 - 376

\* \* \* \* \*

They know that negative emotional energy keeps our bodies stressed out, at the borderline of exhaustion and in a chronically-susceptible state to illness. And for people so affected, it's extremely difficult to climb out of such a rut and recover enough to begin to discover who they truly are, or to find ways to nurture any newly-surfacing inner knowing.

Overstimulated minds and extreme emotional states jam our intuitional radar. “They” have to keep jamming that intuitive radar for their own protection and continuity.

It all comes back to the expansion of conscious awareness in humanity and the “Game Over” reality and paradigm shift it represents that threaten the power structures and organizational controllers of the world.

Whomever “they” have been down through the ages – this elite .001%, or whatever name you give “them” – “they” built this world to suit themselves by seducing, convincing, coercing or threatening us – the human collective and its creative quantum energy of directed, focused thought and attention – into acceptance of their ideologies and rhetoric. Movies, television, news – all kinds of material that passes for “entertainment” keeps our attention and thought, charged with our emotional energy, on what they want us to keep spinning out for them from our consciousness, imprisoned in their cages of various types of indoctrination. They want to stay at the top of humanity's pyramid. As the rich and powerful who have been in control for so long, they fear not having a population of people whose

energy they can steal anymore. They'd be reduced to nothing without it. People's energy is stolen in many ways – in the loss of health and well-being (a form of life energy) from environmental damage and emotional manipulation that causes us to spend money (another form of our energy) on trying to regain our health, while corporate interests lobby our policy-makers with mega-bucks to restrict our health care choices to what they have to offer – drugs and other medical interventions that suppress symptoms without addressing the root causes of illness or infirmity.

When we are indoctrinated to let our minds rule over our hearts; when we confine our spirituality to a seat in a church pew on Sundays; when we disown our emotions and our disowned and out-of-control Ids individually and collectively rampage through our world, laying it waste; the expansion of our consciousness languishes. Unawakened, unrealized, unfulfilled.

I have come to feel that this is the crux of the matter. The only real war going on on this world is the war on human consciousness by those who fear its awakening.

Page 379

\* \* \* \* \*

I don't believe in sticking our heads in the sand and ignoring what problems are going on in the world. I feel if we do this, we do it at our own peril. But in observing it all, then mindfully and positively dealing with it, finding a way to rise above it, the chaotic situations of the world truly lose their power over us. When negative people or situations lose their power over us, they stop restricting our spiritual evolution.

And our spiritual evolution may be the only way to truly correct the problems we see around us.

Mustering up local militias and creating civil wars to try and wrest power from the elite groups of this world is not the answer. If we have not learned by now that war and terror only perpetuates more of the same, then there is little hope left for us as a species. It's time for a new strategy, one based in spiritual evolution and understanding of the power of our own consciousness, especially as a unified collective. **Love is the unifying energy that can bring us together. It must also be a conscious choice made day by day, and as time moves on and accelerates, it may even need to be made moment by moment.**

I'm not talking about cloying, sentimental love. I'm talking about looking at the situations around us and assessing the simple difference between those things we

can do nothing about and moving quickly to seeing what we can make better in some way for all concerned. When we ask ourselves, or a person or group who needs assistance, “How can I help?” we are exercising the power of unifying love. Relief, appreciation and gratitude of such actions leads to moments of quiet joy and peace, even celebration. *Bonding. Unity.* There is nothing so moving in movies – movies being the storytelling vehicles of our age – as when two adversaries suddenly discover a common ground between them that inspires them to lay down their arms and join together in common cause. This creates fertile ground for the expansion of human awareness.

Page 385

**"Love is the unifying energy that can bring us together.**

**It must also be a conscious choice made day by day, and as time moves on and accelerates, it may even need to be made moment by moment."**